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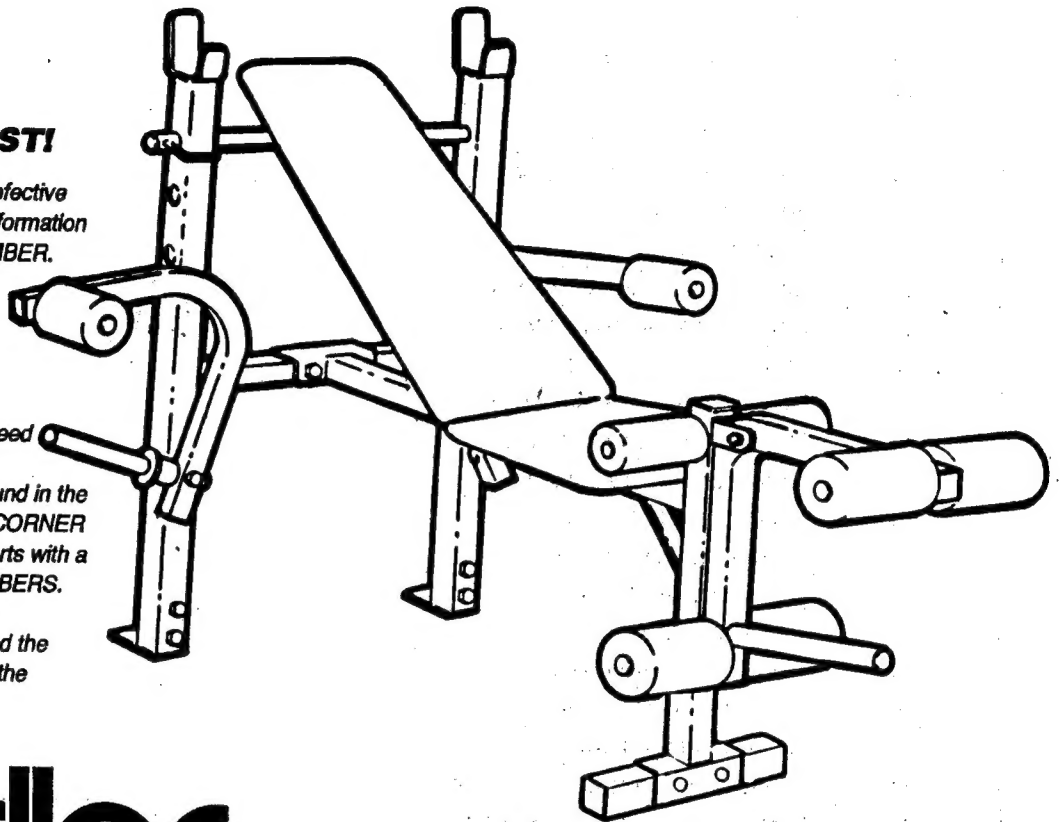
WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

*The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need*

*THE MODEL NUMBER of this unit is found in the
UPPER LEFT-HAND or RIGHT-HAND CORNER
of this page. The MODEL NUMBER starts with a
LETTER and is followed by 3 or 4 NUMBERS.*

*THE PART NAME or DESCRIPTION and the
ORDERING NUMBER can be found on the
PARTS LIST PAGE.*



weider®

OWNER'S MANUAL

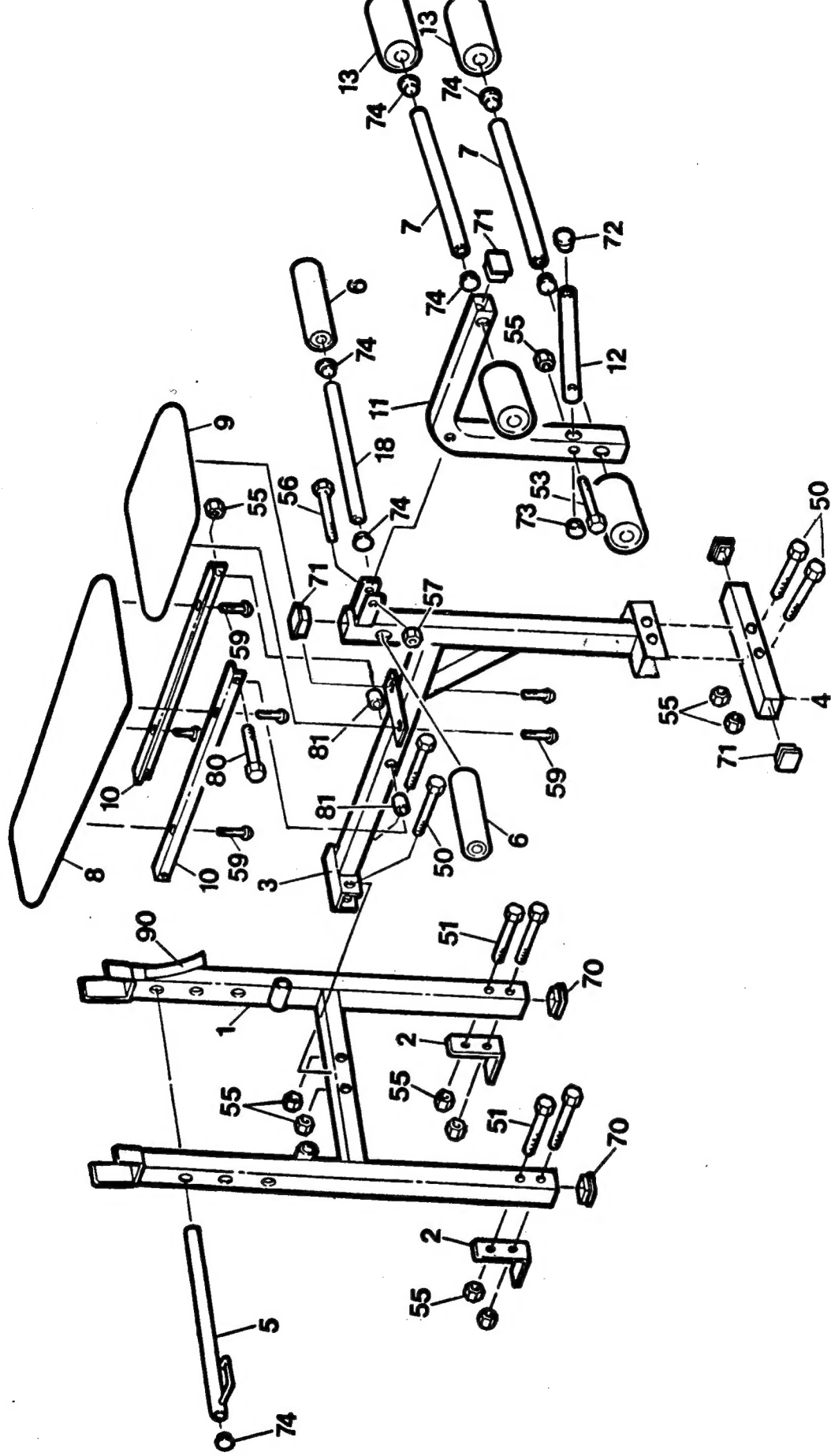
MADE IN KOREA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	K0297-E01*F27
2	L-BRACKET	2	K6125-A22*F27
3	MAIN FRAME	1	K2129-E01*F27
4	FRONT SUPPORT	1	K0116-C14*F27
5	BACKREST ADJ BAR	1	K6054-A06*F27
6	SMALL FOAM PAD 2" X 6"	2	K0446-E01*F27
7	PAD BAR 3/4" X 11 1/2"	2	K6136-C08*F27
8	BACKREST (RED)	1	K1330-E01*F27
9	SEAT (RED)	1	K1331-E01*F27
10	LONG ANGLE IRON	2	K6250-E01*F27
11	LEG CURL	1	K3176-F04*F27
12	WEIGHT PIN 1" X 13 3/4"	1	K0148-C15*F27
13	LARGE FOAM PAD 2 3/4" X 5"	6	K0437-B25*F27
14	RIGHT BUTTERFLY	1	K6156-C14*F27
15	LEFT BUTTERFLY	1	K6158-C14*F27
16	BUTTERFLY WEIGHT PIN 1" X 11"	2	K6230-D04*F27
17	BUTTERFLY PAD BAR 3/4" X 9"	2	K6157-C14*F27
18	PAD BAR 3/4" X 13 1/2"	1	K6121-A25*F27
50	5/16" X 2 1/4" HEX HEAD BOLT	4	HH-5199*F27
51	5/16" X 2 1/2" HEX HEAD BOLT	4	HH-5053*F27
53	5/16" X 2" HEX HEAD BOLT	1	HH-5054*F27
54	5/16" X 5" HEX HEAD BOLT	2	HH-5328*F27
55	5/16" NYLON LOCK NUT	12	HH-5012*F27
56	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*F27
57	3/8" ACORN NUT	1	HH-5013*F27
58	1/4" X 2" HEX HEAD BOLT	2	HH-5256*F27
59	1/4" X 3/4" HEX HEAD BOLT	6	HH-5022*F27
60	1/4" NYLON LOCK NUT	2	HH-5011*F27
70	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F27
71	1 1/2" SQUARE PLASTIC INSERT CAP	6	AA-8001*F27
72	1" ROUND PLASTIC INSERT CAP	3	AA-8005*F27
73	1" ROUND PLASTIC COVER CAP / WITH 15 DEGREE END	1	AA-8070*F27
74	3/4" ROUND PLASTIC INSERT CAP	9	AA-8004*F27
75	WEIGHT STOP	2	AA-8112*F27
76	PLASTIC SLEEVE 1" X 2"	2	AA-8091*F27
77	PLASTIC SLEEVE 1/2" X 3"	2	AA-8128*F27
78	STOPPER PIN	2	WW-7038*F27
80	5/16" X 4" HEX HEAD BOLT	1	HH-5302*F27
81	METAL FERRULE	2	HH-5343*F27
90	UPRIGHT DECAL - MUSCLE	1	DE-4164*F27
	ASSEMBLY MANUAL	1	KNN-1184*F27
	HARDWARE BAG (BOLTS AND NUTS)	1	K5942-F04*F27
	HARDWARE BAG (PLASTICS)	1	K5943-F04*F27



Specifications are subject to change without notice.

STEP 1 FRAME ASSEMBLY

- ☐ Press 2" SQUARE PLASTIC CAPS (70) into bottom end of UPRIGHT (1).
- ☐ Align L-BRACKETS (2) to UPRIGHT (1) and secure with two each 5/16" X 2 1/2" HEX HEAD BOLTS (51) and 5/16" NYLON LOCK NUTS (55).
- ☐ Look carefully at FRONT SUPPORT (4). One side of the Front Support has the bolt holes dimpled-in - this is the side of the part that must be faced to the floor. Bolt MAIN FRAME (3) front bracket to FRONT SUPPORT (4) using 5/16" X 2 1/4" HEX HEAD BOLTS (50) and 5/16" NYLON LOCK NUTS (55). Press 1 1/2" SQUARE PLASTIC CAPS (71) into each end of FRONT SUPPORT (4).
- ☐ Assemble rear U-Bracket of MAIN FRAME (3) over cross-member of UPRIGHT (1) and secure using 5/16" X 2 1/4" HEX HEAD BOLTS (50) and 5/16" NYLON LOCK NUTS (55). Press 1 1/2" SQUARE PLASTIC CAP (71) into top of vertical member of MAIN FRAME (3).
- ☐ Into each end of the long PAD BAR 3/4" X 13 1/2" (18) press a 3/4" ROUND PLASTIC CAP (74). Apply a small amount of liquid dish detergent to the ends of the Pad Bar to act as a lubricant and slide on one FOAM PAD 2" X 6" (6). Assemble the Pad Bar into the large hole in the top of the vertical member of the Main Frame. Apply a small amount of liquid dish detergent to the opposite end and slide on the other FOAM PAD 2" X 6" (6).
- ☐ Press a 3/4" ROUND PLASTIC CAP (74) into the handle end of BACKREST ADJ BAR (5) and position Bar into one of the hole patterns in UPRIGHT (1). The Backrest Adj Bar is used to position the Backrest into three positions for doing various exercises.
- ☐ UPRIGHT DECAL: Remove the backing from DECAL (90) and align on UPRIGHT (1) below the bar holder bracket.

STEP 2 BACKREST AND SEAT ASSEMBLY

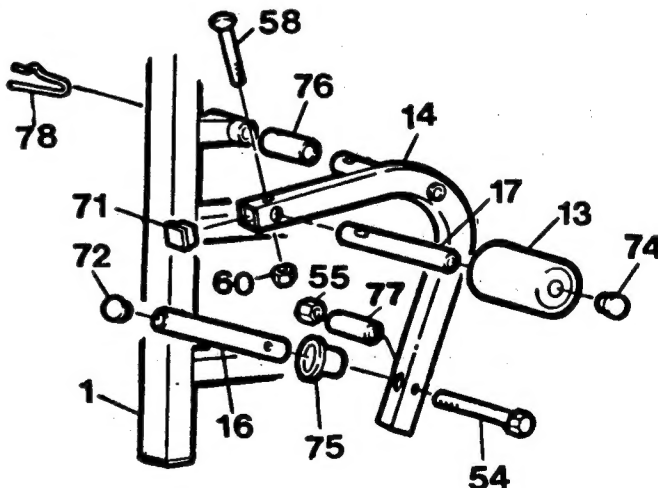
- ☐ Turn the BACKREST (8) over to expose the threaded holes. Position the LONG ANGLE IRONS (10) so that the flat side faces the outside of the Pad and fasten with 1/4" X 3/4" HEX HEAD BOLTS (59). DO NOT COMPLETELY TIGHTEN THESE SCREWS AT THIS TIME!
- ☐ The bottom end of the BACKREST (8) is the end that the LONG ANGLE IRONS (10) extend past. This is the end that is assembled to the MAIN FRAME (3).
- ☐ Straddle the Long Angle Irons over the bolt hole in the Main Frame where the Backrest is to be assembled. Assemble the 5/16" X 4" HEX HEAD BOLT (80) into the large hole at the very end of one of the LONG ANGLE IRONS (10) and into one METAL FERRULE (81). The Hex Head Bolt will then go all the way through the Main Frame. As it comes out of the Main Frame on the other side place another METAL FERRULE (81) onto the bolt and push the bolt the rest of the way through into the opposite LONG ANGLE IRON (10). Secure with a 5/16" NYLON LOCK NUT (55).
- ☐ TIGHTEN ALL THE MACHINE SCREWS ON THE BACK OF THE BACKREST AT THIS TIME.
- ☐ Align the SEAT (9) onto the seat bracket on MAIN FRAME (3) and attach with 1/4" X 3/4" MACHINE SCREWS (59).

STEP 3 LEG CURL ASSEMBLY

- ☐ The **WEIGHT PIN (12)** is 1" in diameter and 13 3/4" long and has a bolt hole near one end. Assemble the **WEIGHT PIN (12)** in the angled hole in the front of **LEG CURL (11)**. Secure with **5/16" X 2" HEX HEAD BOLT (53)** and **5/16" NYLON LOCK NUT (55)**. Press a 1" **ROUND INSERT CAP (72)** into the front end of the Weight Pin and place the 1" **ROUND COVER CAP WITH THE 15 DEGREE END (73)** on the back end. The 15 degree side of the cap should be oriented to the angle of the Weight Pin.
- ☐ Press a 1 1/2" **SQUARE PLASTIC CAP (71)** into forward end of **LEG CURL (11)**.
- ☐ Position the Leg Curl between the Leg Curl Brackets on **MAIN FRAME (3)** and secure with **3/8" X 2 1/2" HEX HEAD BOLT (56)** and **3/8" ACORN NUT (57)**. This bolt should be tightened, but be careful not to over tighten or the Leg Curl will bind.
- ☐ There are two Pad Bars to assemble next. These Pad Bars are 3/4" in diameter and are 11 1/2" long. Press **3/4" ROUND PLASTIC CAPS (74)** into both ends of each **PAD BAR (7)**. Apply a small amount of liquid dish detergent to each Pad Bar and slide on one **FOAM PAD 2 3/4" X 5" (13)** to each Pad Bar.
- ☐ Assemble each Pad Bar into the large holes at the ends of **LEG CURL (11)** and slide on another **FOAM PAD 2 2/3" X 5" (13)**.

STEP 4 BUTTERFLY ASSEMBLY

- ☐ There are two Butterfly Attachments with this unit: a **RIGHT BUTTERFLY (14)** and a **LEFT BUTTERFLY (15)**. Instructions are given for one and are repeated to assemble the other.
- ☐ Assemble **BUTTERFLY PAD BAR (17)** through the large hole in the end of Butterfly Frame aligning bolt holes. Secure with **1/4" X 2" HEX HEAD BOLT (58)** and **1/4" NYLON LOCK NUT (60)**.
- ☐ Press **3/4" ROUND PLASTIC CAP (74)** into end of **BUTTERFLY PAD BAR (17)**. Slide **LARGE FOAM PAD 2 3/4" X 5" (13)** onto end of **BUTTERFLY PAD BAR (17)**. Again a small amount of liquid dish detergent will help with this assembly.
- ☐ Assemble **BUTTERFLY WEIGHT PIN (16)** into angled hole on front of Butterfly Frame and attach with **5/16" X 5" HEX HEAD BOLT (54)** and **5/16" NYLON LOCK NUT (55)**. (The bolt will go through the Butterfly Frame and Weight Pin; **PLASTIC SLEEVE (76)** will then be assembled onto the bolt and secured with the **5/16" NYLON LOCK NUT (55)**.) Press 1" **ROUND PLASTIC CAP (72)** into end of Weight Pin. Slide **PLASTIC BUSHING (75)** over Weight Pin until it is against the Butterfly Frame.
- ☐ Assemble **PLASTIC SLEEVE (76)** over welded Butterfly Tube.
- ☐ Slide entire assembly into welded tube bracket on **UPRIGHT (1)**. Insert **STOPPER PIN (78)** into center of assembly (rounded end first), making sure the side of the Stopper Pin that has a raised section is aligned with the hole in the welded Butterfly Tube. Push **STOPPER PIN (78)** into welded Butterfly Tube until it clicks into place as the raised section exits the hole.
- ☐ Press a 1 1/2" **SQUARE PLASTIC CAP (71)** into end of Butterfly Frame.



REPAIR PARTS AND SERVICE

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN

YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHT BENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NO.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK **X** AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES, OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.